

Utah State University

**DigitalCommons@USU**

---

Module 5 – Science

Voices of America Activity Book

---

10-3-2017

## 4.2 Kale the Super Food Worksheet

Utah State University

Follow this and additional works at: [https://digitalcommons.usu.edu/voa\\_science](https://digitalcommons.usu.edu/voa_science)

---

### Recommended Citation

Utah State University, "4.2 Kale the Super Food Worksheet" (2017). *Module 5 – Science*. Paper 8.  
[https://digitalcommons.usu.edu/voa\\_science/8](https://digitalcommons.usu.edu/voa_science/8)

This Unit 4 - Kale the Super Food is brought to you for free and open access by the Voices of America Activity Book at DigitalCommons@USU. It has been accepted for inclusion in Module 5 – Science by an authorized administrator of DigitalCommons@USU. For more information, please contact [digitalcommons@usu.edu](mailto:digitalcommons@usu.edu).



## Kale the Super Food

*A. Listen to the Science Report and take notes below.*

*B. Use your notes to answer the questions below.*

1. What is the holiday on October 1 in the United States?
2. What is kale?
3. What do kapusta, cavolo, gobhi, and karu mean?
4. What does superfood mean?
5. Which nutrient does kale have a lot?
6. What is folate important for?
7. What does kale help fight against?

8. What do you need to do to make kale taste good uncooked?

9. What's a good way of cooking kale?

10. What can you cook kale with?

11. how long do you have to bake kale?

12. What's a smoothie?

13. What's worth the purchase price of a blender?

*Listen to the Science Report again to check your answers.*